



News Release

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State partners in healthy weight research as part of #HealthiestNextGen

OLYMPIA -- The Department of Health is taking part in a national project to determine the most cost-effective ways to lower childhood obesity rates. Identifying economical ways the state can remove barriers for families to help children maintain a healthy weight is a crucial part of creating the healthiest next generation.

With support from partners and Governor Jay Inslee, the department was selected to participate in a Learning Community State Partnership with Harvard's Prevention Research Center to learn the most economical strategies for Washington children to maintain a healthy weight. The study also identifies which of these approaches would be the best value to implement on a national scale. The agency received \$60,000 to support partner meetings and data collection.

"Part of building the Healthiest Next Generation is providing the tools children and families need to live healthy, happy, successful lives, and this project will give us solid information on how best to invest our state resources," Governor Inslee said. "This project is arriving at a key moment in our state's history."

The project will include modeling up to three interventions related to recommendations proposed by the [Governor's Council for the Healthiest Next Generation](#) on how to help our children enjoy active lives and eat well. The department will work with the Childhood Obesity Prevention Coalition, Statewide Alliance of YMCAs, Department of Early Learning, Office of Superintendent of Public Instruction, and others involved in the Governor's Council on this project.

"With Washington's children running the risk of not living as long as their parents because of unhealthy weight, this project with the Harvard Prevention Research Center will help us do right

Childhood obesity project

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by our state's children, their parents and ultimately employers banking on a healthy workforce," said Secretary of Health John Wiesman.

The project started at the beginning of October and will run through the end of October 2016. Results of the modeling will be available by the end of the year. For more information, check out our webpage on the [Healthiest Next Generation Initiative](#).

The [Department of Health website](#) (doh.wa.gov) is your source for *a healthy dose of information*. Also, [find us on Facebook](#) and [follow us on Twitter](#).

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